

activate!

Albany Parks & Recreation Classes & Activities Fall 2020



Join us for our physically distant
Drive-In events ...

Tailgate Tunes, Trick-or-Treat Cruise-Thru,
and Winter Wonderland Way!



Director's Corner with Kim Lyddane

Hello! Our team hopes this mailer finds you and your family hanging in there during these unprecedented times. Our team has been working tirelessly over the last six months to find ways to still provide opportunities for people to relax and recreate. While we are still not open like normal for drop in activities, I am thankful that we are able to have people back in our pool, playing on our playgrounds and enjoying the company of others (albeit socially distanced) while in a class. Now it's as important as ever to make sure that you are taking care of yourselves. We hope that you continue to spend time in our parks and on our trails taking in the fresh air. We also hope that you consider signing up for one of our new programs. All programs follow the latest safety guidelines from OHA and the State of Oregon. The team has done a wonderful job finding ways to bridge the gap between our favorite, traditional programs and those that meet our new needs. If you have new ideas of programs or activities that you would like to participate in, let us know! We always love hearing new ideas. In the meantime, enjoy looking through our activate! guide. We hope you find a class or two (or a few) to register for and add to your calendars!

- Kim



You must pay for the class and applicable lab fees at the time of registration unless otherwise indicated.



You can register online or over the phone with Visa or MasterCard.



Registration locations and hours	Classes, Programs, & Events	Aquatics	Sports
Online Registration www.albanyparksandrecreation.org 24/7, 365 days a year	✓	✓	✓
Albany Parks and Recreation 333 Broadalbin St SW 541-917-7777 Monday-Friday 8 a.m.-5 p.m. (currently closed to in-person registration)	✓	✓	✓
Albany Senior Center 489 Water Ave NW 541-917-7760 Monday-Friday 8 a.m.-4 p.m. (currently closed to in-person registration)	✓		
Albany Community Pool 2150 36th Ave SE 541-967-4521 Monday-Friday 8 a.m.-8 p.m. Saturday 1-4 p.m.		✓	

Pricing: Fees listed on the left reflect a reduced price for in-city Albany residents. Those who live outside the city limits pay full tuition. You may purchase an out-of-city user card (\$50 individual/\$100 family) which allows you to pay in-city rates for one year.

Policies: For all of our policies visit our website at www.albanyparksandrecreation.org or call 541-917-7777.

Welcome back!

Our team is excited to resume many in-person programs this fall.

Please note that all participants will be required to follow these guidelines:

- All participants are required to wear a face covering during programs, including physical activities.
- Only registered participants and instructors will be allowed in the program space. Parents and guardians of youth participants may wait outside.
- Every participant, or their parent or guardian, is required to sign in and confirm that the participant is free of COVID-19 symptoms.

Registration opens Oct 1st

TRICK OR TREAT *Cruise-Thru*

WEAR YOUR
COSTUMES!

GOODIES
&
CANDY

SPOOKTACULAR
DECORATIONS

Presented by:



OREGON
Freeze Dry

October 31, 3-6 pm • Bryant Park

Trick-or-Treat from the safety of your car!

We want to see those cool costumes —so dress up and come trick-or-treat with us! There will be candy and goodies to collect along the way and some spooktacular decorations!!!

(Ages 1 to 15)

Supporting
Sponsors:



Registration is required by October 26 at 5:00 p.m.

Register at cityofalbany.net/parks/events or by calling 541-917-7777



ARTS & CRAFTS 5

Our sewing classes offer opportunities for children to learn the basics of sewing and celebrate their achievements while creating items they can use. Arts & crafts classes at Albany Parks & Recreation are a great way for your child to exercise their creativity!

AFTER SCHOOL BASIC SEWING (ages 9-12)

Students will learn the basics of sewing with a machine as well as by hand. Projects will be varied to keep students excited! December sessions will be focused on winter and the holidays. Supply Fee: \$35

AFTER SCHOOL TEEN SEWING SESSIONS (Ages 13-16)

Students will learn to use patterns to create garments and other projects. Use of a sewing machine and hand sewing will be covered. December sessions will be focused on winter and the holidays. Supply Fee: \$35

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost	Supply Fee
After School Basic Sewing	9-12	Tu	3:30-5:30 p.m.	10/6-10/27	Brigitte's Place Fine Fabrics	DeValois	\$114 (In-city)/\$149	\$35
After School Basic Sewing	9-12	Tu	3:30-5:30 p.m.	11/3-11/24	Brigitte's Place Fine Fabrics	DeValois	\$114 (In-city)/\$149	\$35
After School Basic Sewing	9-12	Tu	3:30-5:30 p.m.	12/1-12/22	Brigitte's Place Fine Fabrics	DeValois	\$114 (In-city)/\$149	\$35
After School Teen Sewing	13-16	W	3-5:30 p.m.	10/7-10/28	Brigitte's Place Fine Fabrics	DeValois	\$139 (In-city)/\$179	\$35
After School Teen Sewing	13-16	W	3-5:30 p.m.	11/4-11/25	Brigitte's Place Fine Fabrics	DeValois	\$139 (In-city)/\$179	\$35
After School Teen Sewing	13-16	W	3-5:30 p.m.	12/2-12/23	Brigitte's Place Fine Fabrics	DeValois	\$139 (In-city)/\$179	\$35

Families

Presented by:  OREGON Freeze Dry



Mark your calendar!
DECEMBER 9 & 10
6:00 — 8:00PM
Location information coming soon!

▶ All Ages Welcome ▶ Fun for the whole family ▶ Activity kits for kids ages 2-12



Drive-thru this magical holiday wonderland!

Come see the lights and hear the sounds of the holiday season! We will have special gifts for all of the kids and fun things to look at along the way. Even Santa and his reindeer will be joining the fun!

Supporting Sponsors:







Registration opens November 2. Register at cityofalbany.net/parks/events or by calling 541-917-7777

6 DANCE & TUMBLING

We know movement and music are both great for our bodies and our minds – what better than combining both in a dance or tumbling class? There are opportunities for boys and girls at all stages to get moving and grooving as they build physical fitness, teamwork, and creative skills in these fun movement classes!

HIP HOPPERS (AGES 5-7)

Hip hoppers will learn basic hip hop moves and fun dance routines set to hit music. This class will teach basic leaps, turns, and tumbling while helping develop an overall sense of rhythm. The steps are sure to make kids groove to the beat in their own jazzy style! Supplies: Athletic clothing and socks.



TUMBLING 1 & 2 (AGES 5-7)

Somersault, roll, and jump for fun! This class teaches the basics of tumbling and gymnastics as well as other floor movements. Tumbling skills, walking across the balance beam, and jumping on a mini-trampoline will develop healthy muscles, enhance flexibility, and get your child moving. Supplies: Athletic clothing and socks.

FULL SCHOLARSHIPS

Full scholarships are available for all in-person youth classes.

Download the application from the Albany Parks & Recreation website or call 541-917-7777 for more information.



**Fall Camp
Albany Dates
Coming Soon!**

Dates & more details will be available on our Facebook, Instagram, and website soon!

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost
Splash into Music	5-7	M	10:45-11:25 a.m.	10/5-10/26	Swanson	Madsen	\$54 (In-city)/ \$69
Splash into Music	5-7	M	10:45-11:25 a.m.	11/2-11/23	Swanson	Madsen	\$54 (In-city)/ \$69
Splash into Music	5-7	M	10:45-11:25 a.m.	11/30-12/14	Swanson	Madsen	\$39 (In-city)/\$49
Hip Hoppers	5-7	M	11:45-12:20 p.m.	10/5-10/26	Swanson	Madsen	\$54 (In-city)/ \$69
Hip Hoppers	5-7	M	11:45-12:20 p.m.	11/2-11/23	Swanson	Madsen	\$54 (In-city)/ \$69
Hip Hoppers	5-7	M	11:45-12:20 p.m.	11/30-12/14	Swanson	Madsen	\$39 (In-city)/\$49
Fairytale Dance	5-7	W	11-11:50 a.m.	9/23-10/14	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Fairytale Dance	5-7	Sa	11-11:50 a.m.	9/26-10/17	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Fairytale Dance	5-7	W	11-11:50 a.m.	10/21-11/18*	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Fairytale Dance	5-7	Sa	11-11:50 a.m.	10/24-11/21^	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Tumbling 1 & 2	5-7	W	12:10-1 p.m.	9/23-10/14	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Tumbling 1 & 2	5-7	Sa	12:10-1 p.m.	9/26-10/17	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Tumbling 1 & 2	5-7	W	12:10-1 p.m.	10/21-11/18*	Swanson	Russell-Agosto	\$29 (In-city)/ \$39
Tumbling 1 & 2	5-7	Sa	12:10-1 p.m.	10/24-11/21^	Swanson	Russell-Agosto	\$29 (In-city)/ \$39

*No class 11/11; ^No Class 10/31

VIRTUAL KIDZ LOVE SOCCER 7

Kidz Love Soccer livestream programs are 30-minute classes presented over the internet. Participants join class using the ZOOM meeting client and connect through any web browser. Kids need only a ball to kick, space to play and an internet connected device to join our class. To ensure the security of the class, each week families are emailed the login information along with a list of common household items that they'll use during class.

MOMMY DADDY & ME (AGES 2-3 ½)

Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Each week the coach introduces and demonstrates several soccer-themed games over Zoom. Adult participation is required.

curriculum builds confidence and promotes physical development. Pre-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Downtown Traffic! Adult participation is required.

TOT SOCCER (AGES 3 ½-4)

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Rainbow Quest! Adult participation is required.

Soccer 1 (Ages 5-6)

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along.

PRE-SOCCER (AGES 4-5)

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific

Soccer 2 (Ages 7-10)

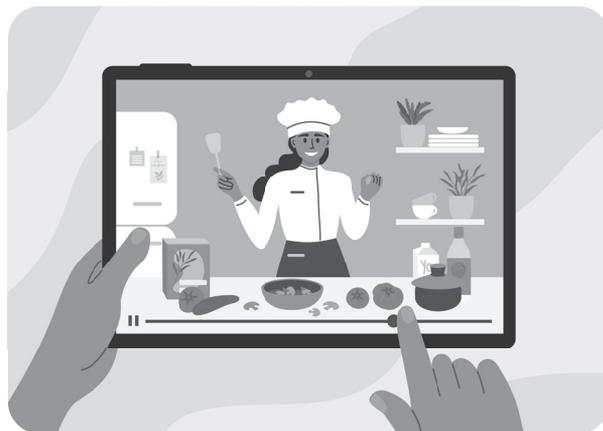
Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of soccer matches will be introduced. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along.

Class Title	Ages	Day	Time	Dates	Location	Instructor	Cost
Mommy, Daddy & Me	2-3.5	Sa	9-9:30 a.m.	10/10-10/31	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Mommy, Daddy & Me	2-3.5	Sa	9-9:30 a.m.	11/14-12/12*	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Tot Soccer	3.5-4	Sa	9:40-10:10 a.m.	10/10-10/31	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Tot Soccer	3.5-4	Sa	9:40-10:10 a.m.	11/14-12/12*	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Pre-Soccer	4-5	Sa	10:20-10:50 a.m.	10/10-10/31	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Pre-Soccer	4-5	Sa	10:20-10:50 a.m.	11/14-12/12*	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Soccer 1	5-6	Sa	11-11:30 a.m.	10/10-10/31	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Soccer 1	5-6	Sa	11-11:30 a.m.	11/14-12/12*	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Soccer 2	7-10	Sa	11:40-12:10 p.m.	10/10-10/31	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59
Soccer 2	7-10	Sa	11:40-12:10 p.m.	11/14-12/12*	Virtual	Kidz Love Soccer	\$46 (In-city)/\$59

*No class 11/28

8 QUARANTINE KITCHEN COOKING KITS

Join Athena Nofziger RDN, LD, registered dietitian, and culinary nutrition expert from the comfort of your own kitchen as she shares tips, tricks, and cooking techniques. Each class features a new recipe and includes a kit full of ingredients for you to cook along with Athena (via Zoom) or watch the playback and make the recipe at your convenience! These tasty recipes and cooking kits make 4 servings each! These are a great weekend lunch; add your favorite protein to make these meals a dinner! Cost per class: \$25 (or \$20 for early bird registration). Supply fee per class: \$7.



Sa 11 a.m.-12:30 p.m. Virtual \$25 Nofziger

9/26 Roasted Zucchini Chili Bowls (Early registration ends: 9/18)

10/10 Cauliflower Salad with Peanut Lime Dressing (Early registration ends: 9/25)

10/24 "Instant Pot" Thai-Style Butternut Squash Soup (Early registration ends: 9/25)

Adults

**SENIORS, WE'RE
THANKFUL FOR
YOU!**

HOME INSTEAD SENIOR CARE
WANTS TO MAKE YOUR
HOLIDAY A LITTLE SWEETER
WITH
FREE PUMPKIN PIE!
NOVEMBER 19 FROM 11 A.M.- 1 P.M.
ALBANY SENIOR CENTER
CURBSIDE PICK-UP

AVAILABLE TO FIRST 50 SENIORS (55+)

**SENIOR
HOLIDAY
MEAL TO-GO**

TUESDAY, DECEMBER 15
DRIVE-THRU PICK-UP
FROM 12 TO 2 P.M.

\$8 PER MEAL

ALBANY SENIOR CENTER
489 WATER AVE NW

RESERVE YOUR MEAL BY CALLING
541-917-7777

EXPRESS YOUR CREATIVITY 9

Everyone is creative! Join us to try your hand at a variety of artistic endeavors, and you might just find a talent you never knew you had. Stretch your creative ability as you bring your ideas to life.

FUSED GLASS MYSTERY

Join us to create a beautiful fused mystery item, even if you've never worked with glass before! Students will have access to a variety of beautiful glass. You'll make something fun, exciting, and unique! Note: Because sharp objects are used, manual dexterity and ability to follow directions in a group setting is required. Supply fee: \$20.

INTERMEDIATE SEWING

This class will cover sewing seams, darts, hems, zippers, and finishing a garment. You will build on the skills you learned in Beginning Sewing or from previous experience. Note: If you did not take Beginning Sewing, please call the instructor prior to enrolling (541-979-3121).

Class Title	Day	Time	Dates	Location	Instructor	Cost	Supply Fee
Basic and Creative Calligraphy	Th	9-11:30 a.m.	10/1-12/10*	Senior Center	Tanaka	\$75 (In-city)/\$98	\$0
Beginning Sewing	Th	6-8 p.m.	10/1-10/22	Brigitte's Place	DeValois	\$130 (In-city)/\$169	\$0
Card Making Kit: Happy Birthday & Thinking of You	M	Virtual	9/28	Virtual	Lewis	\$5	\$0
Card Making Kit: Thanksgiving	M	Virtual	10/19	Virtual	Lewis	\$5	\$0
Card Making Kit: Holiday	M	Virtual	11/16	Virtual	Lewis	\$5	\$0
Card Making Kit: Thank You	M	Virtual	12/14	Virtual	Lewis	\$5	\$0
Fused Glass Holiday Ornaments	M	6:30-9:30 p.m.	11/23	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Fused Glass Holiday Ornaments	W	6:30-9:30 p.m.	12/9	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Fused Glass Jewelry	Tu	6:30-9:30 p.m.	10/13	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Fused Glass Mystery	Tu	6:30-9:30 p.m.	12/29	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Fused Glass Picture Holder	W	6:30-9:30 p.m.	11/4	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Holiday Sewing	Th	6-8 p.m.	12/13-12/17	Brigitte's Place	DeValois	\$100 (In-city)/\$130	\$0
Intermediate Sewing	W	6-8 p.m.	11/4-11/25	Brigitte's Place	DeValois	\$130 (In-city)/\$169	\$0
Introduction to Sewing with Knit Fabrics 1 (T-shirt)	Sa	Noon-4 p.m.	9/12	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 1 (T-shirt)	Sa	Noon-4 p.m.	11/14	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 2 (Turtleneck)	Sa	Noon-4 p.m.	10/24	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 2 (Turtleneck)	Sa	Noon-4 p.m.	11/7	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 2 (Turtleneck)	Sa	Noon-4 p.m.	12/5	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 3 (Leggings)	Sa	Noon-4 p.m.	9/26	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 3 (Leggings)	Sa	Noon-4 p.m.	10/3	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 3 (Leggings)	Sa	Noon-4 p.m.	11/21	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Introduction to Sewing with Knit Fabrics 3 (Leggings)	Sa	Noon-4 p.m.	12/12	Brigitte's Place	DeValois	\$80 (In-city)/\$104	\$0
Mosaic Jack-O-Lantern Plaque	Tu, Th	6:30-9:30 p.m.	9/29, 10/1	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Mosaic Birdhouse	Tu, Th	6:30-9:30 p.m.	10/20, 10/22	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Mosaic Gingerbread Pair	M, W	6:30-9:30 p.m.	11/16, 11/18	Senior Center	Scheele	\$19 (In-city)/ \$25	\$20
Mosaic Madness	M, W	6:30-9:30 p.m.	11/30, 12/2	Senior Center	Hansen	\$19 (In-city)/ \$25	\$20

*No class 11/26

When two prices are listed, the price listed at the left reflects a reduced fee for Albany residents.

10 ENRICH, ENGAGE, ENERGIZE



Personal enrichment programs for you to explore new interests, develop new skills, and engage your imagination. Students of most any age enjoy unique learning experiences year-round through our classes. Enrich, engage, and energize your life!

AMATEUR ASTRONOMY: THE BASICS

Interested in learning about astronomy? Want to know how the universe works, what a light year is, how a planet orbits a star, and how much space is really out there? This is the class for you! Join the Heart of the Valley Astronomers on Zoom for an in-depth introduction to the cosmos.

CAPTURING THE PERFECT IMAGE

Have you ever taken a photo of something that looked awesome in real life just to find out later that it wasn't done justice? Learn some tips on how to increase the chances that this doesn't happen! There are a few simple guidelines to follow that will help your photographs be more aesthetically pleasing and fitting to your goal. Computers and programs for editing your photos will also be discussed and some examples will be shared. An informational packet will be available for pick-up at the Senior Center prior to class.

TECHNICAL ASPECTS OF PHOTOGRAPHY

This class will show you how to understand and use some technical aspects including image quality in relation to the exposure triangle. There will be discussion on perspective shifts versus lens length and how it relates to focus and depth of field. This class is especially recommended for anyone who owns or wants to own a camera with adjustable settings. Our expert will also discuss the differences between inexpensive and expensive cameras with some advice on selecting a camera. An informational packet will be available for pick-up at the Senior Center prior to class.



Class Title	Days	Time	Dates	Location	Instructor	Cost
Amateur Astronomy: Discover the Night Skies	F	7-9 p.m.	10/9	Virtual	Kristosik/Haigh	\$15
Amateur Astronomy: The Basics	F	7-9 p.m.	10/30	Virtual	Kristosik/Haigh	\$15
Capturing the Perfect Image	W	6:30-8 p.m.	10/21	Virtual	Kendrick	\$10
Oregon's Rich History (Monday)	M	9-10:50 a.m.	9/28-11/23	Senior Center	Frost	\$65 (In-city)/\$85
Oregon's Rich History (Tuesday)	Tu	1:30-3:20 p.m.	9/29-11/24	Senior Center	Frost	\$65 (In-city)/\$85
Technical Aspects of Photography	W	6:30-8 p.m.	10/28	Virtual	Kendrick	\$10

HEALTHY, ACTIVE, AND FIT! 11



ZUMBA/ZUMBA TONING

Zumba/Zumba Toning provides a total body workout using easy to follow choreographed dance moves to combine elements of fitness-cardio, muscle conditioning, balance, and flexibility. Zumba Fitness classes are often called exercise in disguise because they are super effective and amazingly fun.

*No Class 10/9

^No Class 11/25, 11/27, 12/23, 12/25, 12/28

Session 1:

M/W/F	10/5-11/11*	9:10-10:10 a.m.
Swanson	\$54(In-city)/\$70	Dedera

Session 2:

M/W/F	11/16-1/1^	9:10-10:10 a.m.
Swanson	\$54 (In-city)/\$70	Dedera

SENIOR SYMPOSIUM



WE WILL BE JOINED BY:

- AARP Oregon
- Albany Police Department
- Senior Health Insurance Benefits Assistance (SHIBA)
- Senior Medicare Patrol (SMP)
- Social Security
- TrueLife Financial Solutions, LLC

Thursday, September 24
on Zoom

**10 A.M.
HEALTH INSURANCE
PANEL**

**11:30 A.M.
FRAUD & SCAMS
PANEL**

Registration opens soon at
cityofalbany.net/parks/activate

Adults

12 AQUATICS

Things to Know Before You Go

Recreational Swims/Open Swims/Family Swims

Toys/Masks: Bring your own toys and masks, (snorkels and fins approved during family swim only). All life jackets must be Coast Guard approved.

Adult Supervision: An adult must be in the water within reach of any child wearing a flotation device or any child 5 years of age or younger.

Hot Tub: Currently closed

Rental: For pool rental prices and policies, visit our website at www.albanyparksandrecreation.org/albany-community-pool

Registration Policies and Refunds: Visit www.albanyparksandrecreation.org for complete registration information and full refund policies and procedures.

Admission Type	Price	Annual Pass
Youth (18 & Under)	\$4.50 / \$6	\$292.50 / \$390
Adult	\$4.75 / \$6.25	\$308.75 / \$406.25
Senior (55+)	\$4.50 / \$6	\$292.50 / \$390
Family	\$15 / \$19.50 (up to 6 people, \$2 each addition person)	\$525 / \$680 (everyone in home)
Sports Pass (see staff for details)		\$292.50 / \$390

POOL RENTAL INFORMATION

Looking for the perfect place for a party? Check out the Albany Community Pool. You may rent the entire pool for \$125 (non-residents: \$162.50) per hour. The price for half pool rental is \$70 (non-residents: \$91) per hour. In addition, there is a \$40 refundable cleaning/damage deposit for all ACP pool rentals. Call 541-967-4521 for all ACP reservations.

Albany Community Pool will be closed:

11/11 Veteran's Day 12/25 Christmas
 11/26, 11/27 Thanksgiving

Activities	Days	Time	Cost	Session Notes
Household Recreation Swim (Reservations required)	M, W, F	7-8 p.m.	General Admission Prices	Children under age 6 must wear a flotation device must be accompanied in the water by an adult. All others require an adult to be present.
	Sa	1-4 p.m.	General Admission Prices	
Lap Swim (Reservations required for various times during times listed)	M-F	5:30-8 a.m., 11am-2 pm, 6-7 p.m.	General Admission Prices	Swimmers must be able to swim continuous lengths.
	Sa	Noon - 1:00 p.m.	General Admission Prices	
Youth Swim Lessons	Tu & Th	6- 6:30 p.m., 6:45 - 7:15 p.m., 7:30 - 8 p.m.	\$44.00 / \$57.00 for 8 classes	Registration for 9/8-10/1 and 10/6-10/29 is ongoing. Register beginning at 9:30am on 10/22 for classes 11/3-11/24
Adult Water Aerobics (Reservations Required)	Tu & Th	7-8 p.m.	\$5.25 per class	Held in shallow water (4-4.5 ft)
Adult Aqua Jog (Reservations Required)	M & W	6-7 p.m.	\$5.25 per class	Held in deep water using flotation
	Tu & Th	Noon-1 p.m.		
Senior Fitness (Reservations Required)	M,Tu,Th,F	7-8 a.m., 8-9 a.m.	\$4.50 per class	Held in shallow water (4-4.5 ft)

FALL YOUTH SPORTS CLINICS 13

Tennis, Football, Pickleball, and Baseball sports camp clinics are programs that children can use for a healthy active learning opportunity, to improve ball handling, footwork, throwing mechanics, serving, and more... everyone has an opportunity to pursue interests and discover talents with these sports camp clinic options.

- VAVE football (5th thru 8th grade) is geared towards athletes who are trying to improve in all phases, regardless of ability. The mission is to develop the total football player both on and off the field. Not just an athlete that is fast, strong, and skilled, but an individual who is smart, decisive, and confident.
- Tennis and Pickleball for all youth ages are the ultimate return game, and now is the time to get out and play! Tennis lets you keep your social distance without being socially distant, so find a court with us to play!

Youth Basketball Camp For 6th-8th Grade

Nate Bowie instructed youth basketball camps! Coach Nate Bowie is currently the Head Men's Basketball Coach at Mt. Hood Community College. Coach Bowie played eight years of professional basketball.

In this basketball camp your child will develop the moves that will keep defenders off-balance and give your child the advantage no matter where they are on the floor. Your child will discover the pillars to becoming a complete offensive player who can score at will against even the tightest defenses. Whether looking to dominate the competition or simply improve skills, this camp will take your child's game to the next level.



Recreational Sports

ADULT SPORTS

There are a variety of adult sports programs coming soon!

Visit our website! Offerings will be updated regularly.

For more information and dates visit albanyarksandrecreation.org.

activate!

We've gone virtual!

We know our fall 2020 edition of activate! looks a little different, but we just had to let you know what we are up to. We are continuously adding & modifying programs as state guidelines change during these unprecedented times. We will be making weekly updates to our activities & classes on-line at our virtual activate! website, so bookmark this page so you don't miss out on the fun.

Come see what we are up to... because fun isn't canceled, it just looks a little different right now!



VIRTUAL RECREATION CENTER

Albany Parks & Recreation Department is committed to providing ways for you and your family to stay active and entertained during these unprecedented times. Be sure to follow us on Facebook and Instagram for more fun activities and events.

Join us online at
cityofalbany.net/parks/virtualreccenter

 @albanyparksandrec

 @albanyparksandrecreation

Please visit us at
cityofalbany.net/parks/activate
Check back often for updated programs & events



2021 CITY HALL GALLERY

CALL TO Artists

DEADLINE TO APPLY: 9/30

Visit <https://www.cityofalbany.net/council/groups/art> for more information and to apply



JOIN OUR TEEN VOLUNTEER PROGRAM

OCTOBER 14 AND NOVEMBER 4
FROM 8AM-NOON

Are you between the ages of 13-18? Join us for one or both of these sessions and get hands on experience learning elements of natural resource management.



Register at www.cityofalbany.net/parks or
call 541-917-7777

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ALBANY, OR
PERMIT NO. 25

Presented by



Albany

Parks & Recreation

WE'RE HOW YOU *play.*

TAILGATE TUNES

September 25

Take a ride back to the 80's with
Radical Revolution

October 2

Free fall back to the days of great
Rock-n-Roll with **Petty Fever**

**WE ASK YOU TO STAY INSIDE
YOUR VEHICLE OR YOUR PARKING SPACE**

- No exiting the venue until conclusion of the concert
- BYOS&D (bring your own snacks & drinks)
- Portable restrooms will be available

GATES OPEN
AT 5:45 PM

CONCERT STARTS
AT 7:00PM

NO CARS ALLOWED IN
AFTER 6:45 PM

\$20 / car
Standard parking

\$30 / car
Premium parking

Supporting Sponsors



TIMBERLINN PARK SOCCER FIELD (SOUTH END OF PARK)

Registration is required by Wednesday at noon the week of the concert. Maximum vehicle size: 8 passenger and no RV's allowed.
Register at www.cityofalbany.net/parks/events or call 541-917-7777